



**March 2010 Issue**

*Created By: Tanya Scheck*

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*Edited By: Robin Henderson*

## Jump into Spring...

... at the Mountainside Athletic Club! The past month has felt like spring with the unseasonably warm weather we have experienced. Many are taking advantage of sunny days by bringing their families to enjoy the pool. Some of our daytime group fitness classes have already headed outdoors to take advantage of the bright, beautiful days! This spring, the MAC is offering a variety of fitness opportunities for you and your family... be sure to put the MAC on your "to do" list!

- **CrossFit – Free for the month of March!** Join us for an incredible workout that will take your fitness to a whole new level! You will develop your bodies' power application and improve your overall fitness level... guaranteed! CrossFit offers the ultimate in training workouts and is the hottest new workout in town!
- **Yoga for Kids** – It's back! Dates and times are listed in this newsletter. Your little one will love to experience yoga created just for them!
- **Spring Clothes** – The *new* Sugoi spring line of fitness apparel is here! Come check out the new styles right in the MAC lobby.
- **Monavie** – Taste the delicious acai berry antioxidant supplement; proven to boost immunity and leave you feeling energized!
- **Bike Rentals** – The MAC has six Rocky Mountain Fusion bikes for rent. What better way to spend a sunny, spring day than cycling along our beautiful Galloping Goose trail. Rates: \$10 per hour or \$30 for the full day.
- **Tennis Courts** – Get your swing back in motion... book your court today!





## **Now Included in MAC Membership!** *Tennis Courts*

As of March 1, 2010, your MAC membership will include use of the new tennis courts! All court bookings will be done through the MAC front desk. Call in, book your court time, and enjoy... it's that easy!

Anyone wishing to have their name placed on a "Players' List", please contact the MAC front desk and leave your name, email address, phone number and your playing ability, i.e., beginner, intermediate, or advanced. If you are looking to partner up for a tennis match, we will put you in touch with another member, of the same playing ability, that we have on the list.

*Enjoy...!*

## **Triathlon Clinic Back at the MAC**

The 2009 Triathlon Clinic offered at the MAC was extremely successful. All participants who were registered trained hard and entered various competitions throughout the summer to put their new skills to the test. With such a successful training season, the MAC is once again offering a Triathlon Clinic beginning this April.

Training for a triathlon takes commitment, determination, and the spirit of adventure. It also requires a financial commitment. Coaches for the three disciplines will be hired for the duration of the triathlon season. The anticipated cost for the Triathlon Clinic is approximately \$250 per person. The clinic will run from April through mid-June at which time athletes will compete in the New Balance Victoria Triathlon.

If you are interested in participating in the 10 week clinic, please respond to [tscheck@bearmountain.ca](mailto:tscheck@bearmountain.ca).

## *Say Good-bye to Winter Sale!* **Save 40% on Sugoi Clothing**

The MAC's Annual Winter Sale is here! It is time to make room for the new spring line from that has just arrived. Save on ladies tights, men's track pants, and Sugoi's wick-away tops and camis.

Don't miss out – now's the time to gear-up while the savings are on!



## *Free Trial for March!* **CrossFit –Try it Out!**

*For the month of March, experience CrossFit - free!  
Come see what all the hype is about... you'll love  
it... Guaranteed!*

Are you ready for the challenge? We are! If you have not tried a CrossFit workout, then you are missing out! This grassroots movement is sweeping the world! Come experience the workouts for yourself – you be the judge!

The new 1000 square foot studio at the MAC will be devoted to CrossFit training. CrossFit is a core strength and conditioning program. It is designed to elicit as broad an adaptational response as possible. CrossFit is not a specialized fitness program but a deliberate attempt to optimize physical competence in each of ten recognized fitness domains. They are cardiovascular and respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy.

Join us for an incredible workout that will take your fitness to a whole new level! You will develop your bodies' power application and improve your overall fitness level... guaranteed! CrossFit offers the ultimate in training workouts.

Get your sweat on with Robin Henderson, Victoria Krupa, Ashley Lukow, Thom Constable and Tim Simpson in one of the power packed classes now offered! Check the group fitness schedule in this newsletter for days and times or see below.

*We look forward to training with you!*

### ***Days and Times:***

Monday and Wednesdays: 6:30 am

Tuesday and Thursdays: 6:00 pm

Saturdays: 9:00 am

## **Congratulations, Ladies!**

The MAC would like to congratulate all the participants of the *8 Weeks to Better Body* program. The final week begins March 21<sup>st</sup>, and we're sure you all are working hard to reach your goals. We wish you all the best on your journey to health and wellness!

# Yoga for Kids!

Does your child want to try something new in a fun-filled environment? Megan Fraser (formerly Shumka) will be offering introductory yoga sessions for kids in March: Session one for children ages 3 to 7, and session two for youth ages 8 to 12.

These classes will introduce your child to breath control and yoga postures in a fun, interactive setting. Your child will have the opportunity to learn the ancient secrets of yoga through story and play.

## Session One:

*Ages:* 3 to 7

*Date:* **Sunday, March 14<sup>th</sup>**

*Time:* 11:30 am - 12:15 pm

## Session Two:

*Ages:* 8-14

*Date:* **Sunday, March 21<sup>st</sup>**

*Time:* 11:30 am - 12:15 pm

*Cost:* \$5 per person



Please **pre-register** for this exciting opportunity by contacting the MAC at 391-3758.



## *Go Green!* **St. Patrick's Day**

St. Patrick's Day is an Irish holiday celebrated all around the globe to honor the patron saint of Ireland, Saint Patrick. This St. Patrick's Day the MAC is going Green! Put on your favorite green fitness gear and head up to the MAC for a "Go Green" workout!

In celebration of St. Patrick's Day, all members who dress 'Green' will receive a complimentary day pass to bring a friend or family member to enjoy the MAC. So... be one of the millions who celebrate the day by marching in parades, dancing the Irish jig, drinking green beer, or wearing green exercise apparel for your workout! Even if you're not Irish, get in the Irish spirit and share your next workout with a friend – *on us!*

See you in 'Green' on March 17<sup>th</sup>!

# Fitness Assessment

Commit to your fitness goals by booking a fitness assessment with one of our certified personal trainers or Kinesiologist. Your fitness goals may change as you learn more about yourself.

***Full Fitness Assessment:***

\$65 per person/assessment

- Body Composition Test
  - Tanita Body Composition Scale which measures fat mass, fat free mass, water mass, BMI and will give you a body fat percentage.
  - Girth Measurements
- Aerobic/Anaerobic Test
- Muscle Strength and Endurance Tests (i.e. push-ups/sit-up)
- Flexibility Test
- Guidance to set up an appropriate fitness program to work on improving your fitness level to reach your goals.

Book your appointment today by calling the MAC at 250-391-3758.

*Just a reminder...*

## Club Etiquette

- Shirts, pants or shorts and appropriate athletic shoes must be worn.
- **All free weights and dumbbells should be replaced on the racks after each use.**
- Free weights must not be dropped on the floor.
- Spotters **MUST** be present when using heavy weights during bench press exercises. Please ask a MAC associate for assistance if required.
- All exercise equipment must be used appropriately. If you are unsure how to use a piece of equipment, please ask a MAC associate.
- Please be sensitive to others' exercise needs while in the exercise rooms.
- Exercise at your own risk.
- Members and guests are required to observe designated time limits on all aerobic equipment. No more than 30 minutes per session on cardio equipment if a member/guest is waiting.
- No chalk in the equipment room area.
- Please use the equipment wipes provided to clean the equipment after each use; this includes cardio, weight machines and mats.

# Back Health Workshop

How healthy is your back? How often do you feel back discomfort or pain? What activities are you doing that may cause your back to feel weak? Do you know what neutral spine is? Is your core strong? If you are looking for answers to these questions, MAC Kinesiologist Tanya Scheck can help you!

On **Sunday, March 14<sup>th</sup>**, join Tanya for a one-hour workshop on back health. During the session, Tanya will teach you how to alleviate back discomfort and improve your posture. She will teach you how to safely strengthen your back and core muscles. You will learn proper lifting techniques as well as unsafe movements to be aware of and avoid.

The following are some tips to start your journey to a healthy back:

- **Lift Safely** – use your legs and not your back.
- **Minimize and Avoid Twisting Motions** – the use of twisting motions should be carefully monitored and scaled back or eliminated depending on the load.
- **Drink Plenty of Water** – our bodies require water to keep us functioning at an optimal level and to keep us fluid - not stiff. Drinking plenty of water enhances the height of intervertebral disks, keeping them the healthy shock absorbers they are. Drink at least 6 to 8 8-ounce glasses per day.
- **Live an Active Life and Strengthen Your Abs** – exercise and activity keep the muscles of the spine strong.
- **Maintain a Healthy Weight** – maintaining a healthy weight for the spine avoids compression and loading of the intervertebral disks, and prevents postural abnormalities.
- **Find the Best Sleeping Positions** – finding a sleeping position that works for you can help you avoid placing unnecessary strains on your back or neck.
- **Warm Up** – it is imperative that you warm up before starting your exercise program. Warm up for at least 5-10 minutes of light aerobic activity just prior to the exercise session.
- **Cool Down** – stretching is a must after an exercise session. Stretching relieves muscle tightness, which is one cause of back pain.
- **Purposely Interrupt Long Periods of Sitting** – force yourself to get up from your chair, walk around or do some light stretching as much as your work environment will permit. Sitting loads the spine and compresses the disks, leading to disk problems over prolonged periods of time.
- **Try a Holistic Approach** – holistic bodywork techniques and systems such as massage therapy, yoga, Pilates, or acupuncture are great ways to keep the structures of your spine tuned up!

## Back Health Workshop:

**Date:** Sunday, March 21st

**Time:** 11:00 am - Noon

**Cost:** \$5 per person

If you would like to participate in this workshop, please **pre-register** at the MAC front desk prior to **March 13<sup>th</sup>**. For a private assessment, please call Tanya at 250-391-3758 or email her at [tscheck@bearmountain.ca](mailto:tscheck@bearmountain.ca).



# **Titlist Performance Institute (TPI) Golf & Fitness...Together at Last!**

Steve Sims, CPGA Professional, TPI certified, and Tanya Scheck, MAC Kinesiologist, are excited to offer a program that combines golf and fitness together with the goal of improving your game. Steve will assess your golf swing through various testing techniques and Tanya will design an exercise program based on recommendations made by Steve's swing assessment. This combined professional approach is guaranteed to improve your golf game and overall health.

Contact Steve or Tanya to start gearing up for the spring golf season! Book your appointment today!

## **Steven Sims**

CPGA Professional

TPI Certified Golf Fitness Instructor

Email: [ssims@bearmountain.ca](mailto:ssims@bearmountain.ca)

Cell: (250) 858-4805



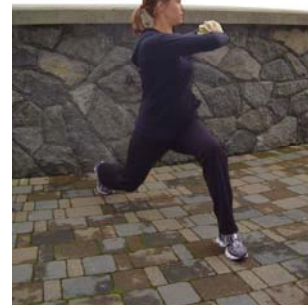
## **Tanya Scheck**

Fitness Professional

Kinesiologist

Email: [tscheck@bearmountain.ca](mailto:tscheck@bearmountain.ca)

MAC Phone: (250) 391-3758



## **Did You Know...?**

...protein is one of the body's main fuel sources? Our organs and muscles require it in order to work efficiently. Be sure to eat a portion of protein at each meal.

...you need to replenish your protein stores after exercise so that your muscles can recover and build? One of the easiest ways to take-in protein after exercise is through a protein shake. Try one of the MAC's delicious fruit shakes after a workout!

...March 8<sup>th</sup> is International Women's Day (IWD)? This is a global day connecting all women around the world and inspiring them to achieve their full potential. Celebrate the beautiful women in your life!

# Vegetarian Sloppy Joes

This vegetarian comfort dish uses crumbled firm tofu as a protein-rich base.

## *Ingredients:*

- 1 425-g package firm tofu, crumbled (such as Vitasoy Enriched Firm Tofu)
- 2 tbsp olive oil
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 2 cloves garlic, minced
- 2 tbsp soy sauce
- 2 cups tomato sauce
- 1 tbsp chili powder
- 1/2 tsp ground cumin



*To serve:* 4-6 whole-wheat burger buns (or other buns of your choice)

## *Directions:*

- ≈ Heat olive oil in a medium saucepan; add onion, green pepper and garlic.
- ≈ Sauté until tender. Add tofu and soy sauce; continue cooking and stirring until tofu starts to brown. Stir in tomato sauce, chili powder and cumin.
- ≈ Cook 2-3 minutes. Serve hot over toasted burger buns.
- ≈ Makes 4-6 servings.

*Recipe courtesy Vitasoy*